

MODULE DESCRIPTOR

MODULE TITLE	Applied Golf Coaching		
MODULE CODE	LS1515	CREDIT VALUE	20 credits
MODULE DELIVERY	Year Long		
MODULE TUTOR	Ian Mellor		
DATE APPROVED	April 2008	VERSION NUMBER	2
DEPARTMENT	Tourism & Leisure Management	PARTNER INSTITUTION	Myerscough College

RELATIONSHIP WITH OTHER MODULES

Co-requisites	None	Pre-requisites	None	Excluded Combinations for Foundation Certificate Sports	LS1514 Applied Football Coaching, LS1516 Football Coaching Principles and Practice, LS1518 Introduction to Sports Science in Football
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MODULE AIMS

The module will introduce students to the development and evaluation of golf performance through the use of coaching and sports science principles and practices. Students will undertake a variety of theoretical and practical learning tasks aimed at developing their skills as coaches, particularly focussed on the feedback processes needed for sports improvement. Additionally, students will be able to identify and evaluate training programmes, and provide a framework within which they can plan and organise methods of operation as a golf coach.

MODULE CONTENT

- 1 Psychology of sports performance.
- 2 Gathering information, developing observation and analysis systems and administering evaluation and feedback.
- 3 Back up Systems for Coaches including the role of BASES, World Class Performance Plans and other agencies.
- 4 Field based motion analysis systems and effective reporting.
- 5 Practical Coaching Sessions.
- 6 Reinforcement of key coaching points, technique development and coaching delivery.

LEARNING OUTCOMES

On successful completion of this module a student will be able to:

1	Acquire knowledge of motion analysis terminology and concepts.
2	Identify key analytical theories allied to coaching, particularly the use of video and ICT.
3	Engage in sustainable practical coaching activities aimed at applying the theoretical base.
4	Apply the principles of psychology and skill acquisition to improving golf performance.

TEACHING AND LEARNING STRATEGY

This module is delivered through lectures and seminars. Delivery will be in the form of classroom based lectures and practical sessions. Sports coaching practicals are an essential element of the module. To facilitate the achievement of the learning outcomes listed, students will need to take a pro-active role in their own learning. Directed reading will need to be undertaken prior to seminar activities and group discussions. Students will be expected to work on their own initiative in the development of appropriate skills, taking a critical appreciation of their progress.

INDICATIVE CLASS CONTACT

1 hour per week lecture, plus 1 hour per week practical workshop. Total 2 hours per week.

INDICATIVE ASSESSMENT

Number of Assignments	Assessment	Weighting %	Type/Duration/ Wordcount (indicative only)	Learning Outcomes being assessed
1	Periodisation Plan	40%	2000 words equivalent	2, 3
1	Technical report to Golf coach	60%	3000 words	1, 4

MODULE PASS REQUIREMENTS

For successful completion of the module, each individual element of assessment must be attempted and an overall average of 40% achieved.

BIBLIOGRAPHY AND LEARNING SUPPORT MATERIAL

- Adams, G. (1998) *Exercise Physiology Laboratory Manual*. McGraw-Hill Publications, London.
- Bradley, N. (2004) *The seven laws of the golf swing: Picturing the perfect swing*. London, BBC Books.
- Downey, M. (2001) *Effective Coaching*. London, Texere.
- Elliot, B. (1999) *Training in Sport: Applying sports science*. Wiley, Chichester.
- Heyward, V. (2001) *Advanced Fitness Assessment and Exercise Prescription*. (4th edition) Human Kinetics, Champaign.
- Hughes, M. and Franks, I. (1997). *Notational Analysis of sport*. E & FN SPON, London.
- Leadbetter, D. (1994) *Faults and Fixes*. London, Harper Collins.
- Madonna, B. (2001) *Coaching Golf Successfully*. Leeds, Human Kinetics.
- Martens, R. (1997) *Successful coaching*. (2nd edition) Human Kinetics, Champaign.
- National Coaching Foundation. (1994) *Delivering the Goods*. Leeds: National Coaching Foundation
- National Coaching Foundation. (1994) *Understanding and Improving Skill*. Leeds: National Coaching Foundation
- National Coaching Foundation. (1996) *Code of Ethics and Conduct for Sports Coaches*. Leeds: National Coaching Foundation
- National Coaching Foundation. (1999) *The Body in Action – Introductory study pack*. Number 2, Leeds, National, Coaching Foundation.
- National Coaching Foundation. (1999) *The Coach in Action – Introductory study pack*. Number 1, Leeds, National Coaching Foundation
- National Coaching Foundation. (1999) *Planning and Practice – Introductory study pack*. Number 6, Leeds, National Coaching Foundation.
- Pelz, D. (1999) *Dave Pelz' Short Game Bible*. New York, Aurum Press.
- Sportscoach UK. (1999) *The Successful Coach - Guidelines for Coaching Practice*. Leeds: Sportscoach UK
- Sprunt, K. (1992) *An Introduction to Sports Mechanics*. NCF, Leeds.
- Wirhed, R. (1996) *Athletic Ability and the Anatomy of Motion*; (2nd Edition). Mosby, London.

Journals

British Journal of Physical Education
Journal of Sports Sciences
Journal of Strength and Conditioning Research
Medicine and Science in Sports and Exercise
Sports Medicine

Websites

www.sportengland.co.uk
www.sportscoachuk.co.uk
www.culture.gov.uk
www.sportsci.org
www.acsm.org

The general Sport England website
The website for Sports Coach UK
Department for Culture, Media and Sport
An excellent site for general sports science issues.
American College of Sports Medicine.